

People spend hours talking on their mobile phones. There is an opinion that it may be **HARMFUL** to their health, but it is difficult to know for sure. Some research shows that mobile phones may cause brain problems. On the other hand, some doctors say mobiles are not **DANGEROUS** at all. No matter what doctors say, it's just **IMPOSSIBLE** to live without a mobile phone today. It has become a very **USEFUL** device and people can't do without it. It makes our life **COMFORTABLE** and saves time. People can get in touch with each other quickly. Mobile phones make **COMMUNICATION** easier.

CHECK



Learning languages is becoming a popular hobby with children and adults. It's not only interesting but very **USEFUL**, too. Foreign languages improve memory and develop **IMAGINATION**. People who are able to speak two or more languages **FLUENTLY** are usually more successful than their monolingual colleagues. They are better in making business and **PERSONAL** contacts. They are more **CREATIVE** and they are better in solving conflicts as they are able to accept new ideas and different points of view. Foreign languages make life more **INTERESTING** and colourful.

CHECK



British cuisine is simple. Puddings, stews, pies and breads are **TRADITIONAL** British dishes. Many of them are cooked and eaten on holidays. The choice of dishes has been influenced by the climate, history and **GEOGRAPHICAL** position of the country. England is **FAMOUS** for its butter and cheese. The most popular of them is, of course, cheddar. Scotland is known for its **TASTY** meat dishes and cakes. Wales has a strong fishing culture. As a result, Welsh cookery includes a lot of seafood, such as shrimps and crabs. However, nowadays most British restaurants offer food from **DIFFERENT** parts of the world. The choice depends only on your pocketbook and your **IMAGINATION** .

CHECK



How do people learn the news? About a century ago people got **INFORMATION** from newspapers since they were the only mass media that existed in those times. Radio and television seemed **WONDERFUL** inventions as they broadcasted audio and visual images. The Internet has changed the situation dramatically. Now the audience has an opportunity to create the news, share their **PERSONAL** knowledge and express their opinions. The Internet supposes interaction, which makes it very **ATTRACTIVE** to people. And what about the newspapers? Will they **DISAPPEAR** in the near future? I wish they wouldn't as I like starting my day with a cup of coffee and a **TRADITIONAL** newspaper.

CHECK



Ratatouille is an American cartoon. The name of the cartoon comes from a **TRADITIONAL** French dish made of vegetables. The main character is a rat Remy, who is interested in cooking and dreams of becoming a **SUCCESSFUL** chef. Remy is separated from his family at the **BEGINNING** of the movie. So he finds himself in Paris, France. There his unusual **FRIENDSHIP** with a poor boy begins. They both don't care that most people hate rats and try to get rid of them. Remy wants to help the boy. He tries to teach him how to cook **TASTY** dishes. The story ends **HAPPILY** and the friends start a new restaurant.

CHECK



Dublin is the capital city of the Republic of Ireland. It has an **INTERNATIONAL** airport with flights from London and European capitals. Dublin is a **BEAUTIFUL** and cosmopolitan city. If you walk along its different central streets, you will find a wide range of **DIFFERENT** shops, bars and restaurants. If you like sightseeing, you can also visit the famous Dublin castle, one of the most **IMPRESSIVE** buildings in the city. Dublin is a green city. It is such a pleasure to walk there on a hot **SUNNY** day. In the evening you can listen to **TRADITIONAL** Irish music played in the streets and in the pubs.

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What do you think is the most stressful and **DANGEROUS** job in Britain? Is it a police officer, a detective or a news **REPORTER**? Well, statistics say it is a London taxi driver. It is a **REALLY** hard job as traffic is getting worse. If we sit in a traffic jam for a few minutes, we start feeling **NERVOUS** and irritated. But imagine you had to do that every day as your job! And you have to remain **CAREFUL** and attentive in spite of everything. London taxi drivers have to have a good memory to be able to take a **TRAVELLER** from A to B without looking at the map or asking for directions.

CHECK



My first job was working at a bakery. When I walked from my house to the bakery I could smell the **WONDERFUL** fresh bread. I loved it. I worked **DAILY** after school and at weekends. It made about twenty hours a week. One of the most **FANTASTIC** things about the bakery was that I could eat all I wanted there. I couldn't stop eating the fresh buns, rolls and cakes. They were so **TASTY**. Mrs. Bradley, the **OWNER** of the bakery, was a very nice woman. She had no children and she treated me like her own granddaughter. I liked her too and did my best to be as **HELPFUL** as possible.

CHECK



In Andorra people live longer than in any other European country. It seems they have discovered the secret of a long and **HEALTHY** life. People in Andorra stay active and **ENERGETIC** at old age. They attend gyms and public **SWIMMING** pools for free. Exercise is one reason, the others are clean air and a diet based on vegetables and olive oil. People of all ages in Andorra are cheerful and **FRIENDLY**. They think that life is **FANTASTIC** and they do their best to enjoy it. Andorra is the most **PEACEFUL** country in Europe – they haven't had a war for 700 years.

CHECK



Ballroom dancing in the UK is making a comeback. For the past five years the popularity of ballroom dancing has grown thanks to the TV show 'Strictly Come Dancing'. In the show a professional ballroom **DANCER** has a celebrity for a partner. They learn **DIFFERENT** ballroom dances and perform them live on TV. Four judges and the public decide who stays in the **COMPETITION** and who leaves. The show demonstrates how glamorous ballroom dancing is. The celebrities wear **COLOURFUL** dresses and suits and the show looks very **IMPRESSIVE**. According to the ratings, the **PERFORMANCE** is becoming more and more popular with TV audiences.

CHECK



The best thing about shopping in London is that there really are hundreds of cool shops selling **FASHIONABLE** clothes. Only here you can find a wide choice of **ORIGINAL** and unique shops. Sometimes you can buy **FANTASTIC** things there. You can spend a whole day in a shopping centre, have lunch in one of the European or **ENGLISH** restaurants, see a new film in the cinema and even enjoy a **PERFORMANCE**. But be **CAREFUL** – London shops are expensive! Don't leave all your money in the shopping centre.

CHECK



London is famous for its history and its sights. It is also a wonderful place for shopaholics. There are lots of **DIFFERENT** places to go. For example, you can go to Oxford Street. Sometimes it gets too **CROWDY** and noisy, especially during the sales. If you don't like it, go to Covent Garden. There you can have a **LOVELY** cup of tea or a cappuccino in a quiet coffee house. You can also watch a street **PERFORMANCE**. Portobello Road is the right place to go if you want to buy unique and **UNUSUAL** things. Shopping in London is always an **EXCITING** experience and it's worth trying.

CHECK



Every year the world goes dark for one hour, the Earth Hour. The event is organised by the **INTERNATIONAL** World Wildlife Fund. At tourist destinations, in offices and private homes, lights are switched off for one hour at **EXACTLY** 8:00 pm. The idea is to show that our planet is in danger and it needs care and **PROTECTION**. It's **IMPOSSIBLE** to remain indifferent to changes in the climate which go on and on. The Earth Hour is not about saving an hour's electricity. It's about realising that we live on a **WONDERFUL** planet and need to look after it – not just for an hour a year but every day. The Earth Hour is a part of an **ECOLOGICAL** education whose aim is to make people understand their responsibility to the planet.

CHECK



The Turners were not used to snow. The most they ever got in Birmingham was an inch or so each winter. Even that happened quite **RARELY**. The **FUNNY** thing was that a tiny bit of snow was enough to cancel school and even to close some businesses. One night, in March of 1993, something very **EXCITING** happened. Very cold air from Canada created the "Storm of the Century". When the Turner kids woke up on Saturday morning, there were 17 inches of **WONDERFUL** snow as far as the eye could see. The Turners were in shock. They had no idea what to do. Though Mr. Turner was an experienced **DRIVER** he chose to leave his car in the garage. He wanted the whole family to stay at home but it was natural for the kids to **DISAGREE** with him. They put on the warmest clothes they had and ran outside to enjoy the snow.

CHECK



Dr Michael Werner says that he has eaten nothing for four years. The German **SCIENTIST** explains that he gets all his energy from sunlight. He says he drinks only water and **DIFFERENT** fruit juices. Dr Werner has written an **EXCITING** book about his experiences. In it he says that when he started the experiment he even put on weight.

He says: "I can't really give an **EXPLANATION** of what's happening to me; perhaps I just believe in my theory."

Dr Werner's colleagues say that only plants can produce energy from the sun, and they cannot explain how he is able to stay **HEALTHY**.

"This case , **PROBABLY** , needs a lot more research before we will be able to explain it," the

CHECK



Many tourists find they don't like staying in city hotels. They prefer to avoid **NOISY** cities completely. They are attracted instead to dramatic views of mountains and **PEACEFUL** valleys. If you like this sort of tourism, *Mountain View Camp* is for you. You'll have an **UNFORGETTABLE** vacation there. The Camp has a view over the **IMPRESSIVE** Hampson Valley. In the camp, tourists can rent either tents or bungalows. All the guests have free access to different facilities such as kitchens, bathrooms and playgrounds for children. The camp is a successful **COMBINATION** of both comfort and a green environment. The tourists can also have lunch in one of the many restaurants and try European or **INTERNATIONAL** cuisine.

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Millions of people want to learn English. There are lots of **DIFFERENT** methods and the main problem is how to choose the best one. Some people believe that the most **EFFECTIVE** way is to study English in Britain or in any other English-speaking country. The advantage of going to Britain seems obvious. Everyone around you speaks English. It's practically **IMPOSSIBLE** to avoid communication, so you'll learn English **QUICKLY**. On the other hand, one can learn English at home. There are lots of possibilities there too: a good **TEACHER**, a language school or an on-line course. There are many ways to get a good language **EDUCATION** now.

CHECK



If someone asks what your nationality is, how do you answer? For British people **NATIONAL** identity is a complex issue. Take me for example. I carry a passport issued by the British **GOVERNMENT**. I was born in England, but my Mum is Scottish and my Granny is from Northern Ireland. So what am I?

ACTUALLY, I am really all of them: English, Irish, Scottish and British. Each of the “nations” has a lot in common but they also have their own unique culture and **TRADITIONAL** lifestyle. They **DISLIKE** it when people call them English. And perhaps the most important **DIFFERENCE** of all – each nation has its own football team!

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The city of St Davids is situated on the south-west coast of Wales. If you're looking for an **UNUSUAL** place to go, this is your destination. It was granted city status by Queen Elizabeth II but in reality St Davids looks like an **ATTRACTIVE** small village. It is actually the smallest city in Britain with a **POPULATION** of just over 1,600. St Davids has a **BEAUTIFUL** medieval cathedral which dates back to the 12th century. Today it is a **CHARMING** place with narrow streets filled with cafes, hotels and art galleries – but only one pub! St Davids is famous for its sandy beaches and clear water. Whitesands Bay is a regular **WINNER** of the prestigious European Blue Flag award.

CHECK



Reading is one of the most popular pastimes and books are one of the main sources of knowledge. Everyone knows this but, **UNFORTUNATELY**, there are many young people who don't like to read. They say it is not cool but I firmly **DISAGREE** with them. Books have the ability to take you to another world, to wake up your **IMAGINATION** and transport you to places you've never been to. Books can be **DIFFERENT** in size and content. Their stories can be **EXCITING**, scary, romantic or funny but above all, books are just interesting. I'm absolutely sure that books by a good **WRITER** will always be popular.

CHECK



Siem Reap is a small town in Cambodia, a country in southeast Asia. It is built around a **FAMOUS** cathedral. The town is charming with some fine examples of French colonial architecture. A legend says that a French **WRITER** once called the town “a pearl of Cambodia”. Nowadays, this town is quite popular with tourists. They often use it as a starting point for their **EXCITING** travellings. The town is really remarkable. There you will find some **IMPRESSIVE** stone monuments and statues, ancient buildings and picturesque ruins. Note that it's **USUALLY** hot there in the summer. Please ensure that you take **COMFORTABLE** walking shoes, light clothing and plenty of water to drink.

CHECK



Have you heard of a Tadeus Bodnar? He is a **FAMOUS** Hungarian hairdresser. Not long ago he stopped using the **TRADITIONAL** scissors and comb. Now his instruments are axes, irons and vacuum cleaners. Now he is very **SUCCESSFUL** and happy because with his innovative techniques he can express himself better. He cuts hair in his shop in Budapest by chopping it with an axe. Then he styles the hair using a vacuum cleaner, or straightens it with an iron. It's difficult to believe but the extravagant hairdresser is very popular. Many people find him very **CREATIVE**. Every day there's an **ENDLESS** line of people streaming to his shop. They wish to change their **APPEARANCE** and have a thrilling, new experience.

CHECK



Axel is a 9-year-old Bulgarian orphan (сирота). He was adopted by a **WEALTHY** western family. His new father works as a **BANKER** in Sweden and he is quite rich. Axel **REGULARLY** wrote e-mails to the director of the orphanage, Jane Smitova. He told her that he was saving his Christmas and birthday money to help his friends. Axel said that he wanted the money to be spent on presents for his former playmates. Later Jane said "I understood that **FRIENDSHIP** meant a lot to a small boy but I would never have imagined that Axel could be talking about such an **IMPOSSIBLE** sum of money. It's so touching and we are going to spend it in a very **CAREFUL** way." The boy saved 88 000

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People are afraid of lots of things. There are many **DIFFERENT** kinds of fears called phobias. They affect at least a quarter of the **POPULATION**. The **TRADITIONAL** treatment for people with strong phobias is some kind of therapy. In most cases it doesn't work but doctors still believe that phobias can be cured. **RECENTLY** they have discovered a drug which can help people to overcome their phobias. It doesn't work for everybody but when it does, it is very **EFFECTIVE**. People, who take the pill feel much better – most of their fears **DISAPPEAR**

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People travel a lot nowadays. Planes are considered to be the most **COMFORTABLE** means of transport but for some people airports can be a nightmare. There are **ENDLESS** queues when you check in and you waste lots of time if your flight is delayed. However, there are some airports where you can **ACTUALLY** enjoy yourself. For example, you'll never be bored at Hong Kong's international airport. There are thousands of people from **DIFFERENT** countries here but the passengers never experience any problems because everything is well organised. There are attendants in red coats, who help you to get from one place to another. It's very good for people with no sense of **DIRECTION**. The attendants are always very polite and **HELPFUL**.

CHECK



Can people live without friends? Most of us would say "no". Friends make our lives enjoyable and **INTERESTING**. Friendship is something you can't buy. It is a **WONDERFUL** and valuable gift. It is **IMPOSSIBLE** to live without people who care for you and who are always ready to help. However, to find a true friend is not easy. Friendship requires honesty, trust and **KINDNESS**. Being a friend means not only having fun together but helping each other in a difficult **SITUATION**. A true friend not only praises you but tells you when you are not right too. If you have already found such a person, you're **LUCKY**

CHECK



Last spring my best friend Isabelle and I booked a holiday in Venice. We rented a small apartment for a week with a **WONDERFUL** view of the town. At the last moment another friend, Linda, asked if she could come with us. She was a **FRIENDLY**, cheerful girl and we were glad to have her join us. Venice was a **FANTASTIC** place and we enjoyed our trip greatly. Linda was fond of history and she told us lots of **INTERESTING** facts about the town. We also liked the Italian food very much. The waiter in the nearby pizzeria was a boy from Britain, so we never had any problems with **COMMUNICATION**. The only **UNPLEASANT** thing about Venice was the weather. It was unusually cold and windy that week.

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Last year my friend Mia and I went on holiday to Thailand. We stayed in a **FAMOUS** resort which is popular with tourists. We were very **LUCKY** with the weather and we spent most of our days on the beach. The ocean was **FANTASTIC** – the water was clear and warm. Thailand is a former French colony and that's why French is very popular there. Mia was delighted with this fact because she learns French, she wants to be a **TEACHER** of French, and she was able to practise the language there. She is also interested in architecture and she found some fine examples of the French colonial style in Thailand. It was an **UNFORGETTABLE** trip for me too. I am a photographer and I took lots of pictures of people and nature. Several magazines found my photos **INTERESTING** enough to publish. I feel very proud of that.

CHECK



I unexpectedly met my old friend Natalie at a metro station in Paris. I recognised her at once though we hadn't seen each other for ten years. Now she works as a

REPORTER

for Le Figaro newspaper. Our

FRIENDSHIP

began when we were at school.

After school, Natalie left Britain. French was her favourite subject and she went to university in Paris. It is one of the most **FAMOUS** opera houses in the world.

Now she is a very

SUCCESSFUL journalist.

Her life is busy and exciting. I was

LUCKY

that she managed to find some time for me. Natalie made my visit to Paris **UNFORGETTABLE**. She took

me to the most interesting places in the city. In the evening we even watched a performance at The Grand Opera House.

CHECK



Jenny doesn't have many friends, but she has lots of books. Jenny likes fantasy stories best. She has a rich **IMAGINATION** which takes her to magical lands. Jenny often feels like she is a part of the story. She enjoys being in someone else's shoes, living in an **ABSOLUTELY** different world. When reading, Jenny may turn into a princess or become a mountain **EXPLORER**. She can see **FANTASTIC** creatures and amazing places with her own eyes. Books are ideal friends for Jenny. They are entertaining and helpful. They can give her some **PRACTICAL** advice when she needs it and keep quiet when she doesn't want to communicate. Books never **DISAGREE** with her and they ne

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